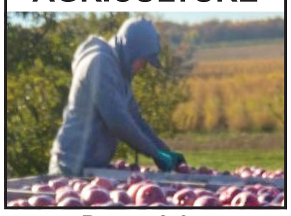
WORLD CULTURE

Pages 6-7 – Mexican Day Of The Dead/ Día de muertos en México

EL CENTRAL HISPANIC NEWS

Michigan's #1, Oldest, Largest and Only Bilingual Hispanic News • Free! ¡Gratis! • Vol. 34, #52 • **November 2, 2023**

AGRICULTURE



Pages 8-9 – Mistreatment of Michigan Farmworkers

El Puente Ambassador y la Asociación de Residentes de Hubbard Richard firman un innovador acuerdo comunitario

El Puente Ambassador, la Ciudad de Detroit y la Asociación de Residentes de Hubbard Richard han firmado un acuerdo histórico que aborda problemas existentes desde hace mucho, entre el Puente Ambassador y el vecindario circundante, incluyendo un marco para expandir la Plaza del Puente Ambassador en Detroit.

La Ciudad y el Puente Ambassador cooperarán en la ampliación de la plaza y el trabajo asociado con la amortiguación y el derecho de vía pública. Este trabajo incluye una donación de $443,000 por parte del Puente Ambassador para mejoras de iluminación y paisajismo.

Matthew T. Moroun, presidente del Puente Ambassador, dijo: "A principios de este año, prometí al Concejo Municipal que llegaríamos a un acuerdo beneficioso y positivo con la comunidad. Era importante que cumpliéramos esa promesa.

cont. en la pág. 4

Ambassador Bridge and the Hubbard Richard Residents Association enter into Groundbreaking Community Agreement

The Ambassador Bridge, City of Detroit and the Hubbard Richard Residents Association have entered into a historic agreement addressing long-standing issues between the Ambassador Bridge and the surrounding neighborhood, including an agreed-upon framework for expanding the Ambassador Bridge Plaza in Detroit..

The City and the Ambassador Bridge will cooperate on the plaza expansion and the work associated with buffering and in the public right of way. This work includes a $443,000 donation by the Ambassador Bridge for lighting and landscaping improvements.

Matthew T. Moroun, Chairman of the Ambassador Bridge, said, "Earlier this year, I promised to the City Council that we would make a beneficial and positive agreement with the community. It was important that we kept that promise.

cont. on pg. 4

Ambassador Bridge and surrounding neighborhood. Photo credit City-Data.com

EL CENTRAL Hispanic News Picks up Four Awards at National Conference

Award Winning Tradition Continues Under New Management

EL CENTRAL Hispanic News received four awards at this year's national convention of the National Association of Hispanic Publications in Phoenix, AZ in recognition of our outstanding publication. Founded in 1982, the National Association of Hispanic Publications, Inc. (NAHP) is a non-partisan trade advocacy organization representing the leading Spanish language publications serving 41 markets in 39 states, the District of Columbia and Puerto Rico, with a combined circulation of over 23 million.

EL CENTRAL received coveted Jose Marti Media Awards in the following categories:

SILVER AWARD for Outstanding Bilingual Language Weekly Newspaper, Hispanic Heritage Month issue, September 22, 2022

BRONZE AWARD for Outstanding Community Photo, Hispanic Heritage Month celebration, photo by Ernesto Ramos, Consulado de Mexico en Detroit, September 22, 2022

BRONZE AWARD for Outstanding Sports Article, Argentina Wins World Cup! Written by David Levine, December 22, 2022

BRONZE AWARD for Outstanding Publication Masthead, Designed by Gerald Morgan, graphic artist, Fiesta Tigres issue, August 25, 2022.

The José Marti Awards are the longest running publishing awards recognizing Hispanic excellence in the United States. These Awards honor the memory of José Martí, a tireless advocate who clearly saw the enormous power of the print medium. The awards honor those editors, publishers, photographers, designers and marketing professionals who continue to use the power of the written word, impactful photos and illustrations, and creative design to reach, impact and motivate readers across the USA and beyond. Over nearly four decades, the awards have grown to be the most recognized award in Hispanic Media.

The 2023 Awards received by EL CENTRAL continue the high publication standards established by founder and publisher emeritus Dolores Sanchez. Under Sanchez's leadership, Michigan's first, largest and only bilingual weekly newspaper received more than 30 awards.

"I am so happy to see that EL CENTRAL is continuing to be recognized for excellence in our publication's content and design," Sanchez said when informed of this year's awards. Sanchez remains associated with the newspaper as Director of Advertising and Sales and regularly offers invaluable counsel on media practices and issues.

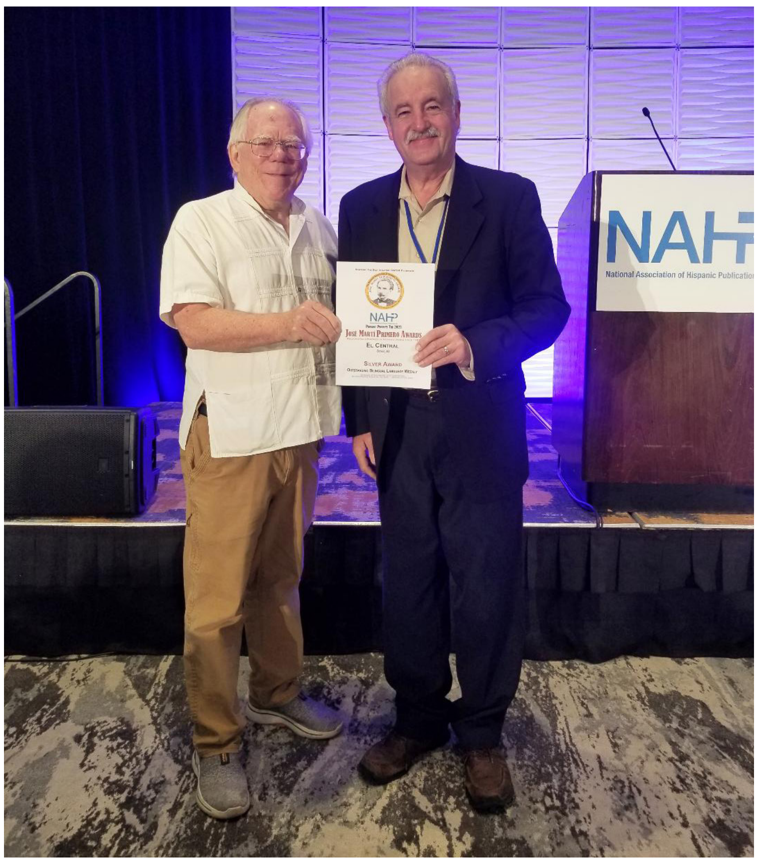
Current publisher and owner Eva Garza Dewaelsche credited the editorial team, local writers and photographers for their commitment. "The EL CENTRAL team is committed to bringing the most relevant, original and local stories for and about Hispanics and the residents of our community. We are pleased to be able to sustain and grow EL CENTRAL for the benefit of our readers both in print and online," said Garza Dewaelsche.

NAHP

National Association of Hispanic Publications, Inc.

NAHP was founded to promote Spanish language publications, the most effective medium to reach the fast growing Hispanic community. Membership is open to Spanish language and Hispanic owned newspapers, magazines and related media as well as businesses that offer products and services to this market throughout the United States.

Geographically, NAHP members span the country, with a concentration in areas of large Hispanic populations. NAHP members produce over 15 billion pages of information annually. Hispanics prefer newspapers for their purchasing decisions—making them five times more effective than any other medium. With Hispanic purchasing power now exceeding $850 billion dollars, Hispanic newspapers, magazines and related media offer the best value for your advertising expenditures.



Managing Editor Robert Dewaelsche (R) accepts the Silver Award for Outstanding Bilingual Language Weekly Publication from Kirk Whisler (L), founding president of the NAHP

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Diles que lo Viste en *EL CENTRAL* **Tell them you saw it in *EL CENTRAL***

Hispanic Studies and International Studies proudly present the Fall 2023 Film Series

Hispanic Film with the Hispanic Community in Metro-Detroit

In collaboration with Mexicantown Community and Cinema Lamont, Hispanic studies and International studies are exicted to announce the showing of the following films:

El buen patrón (The Good Boss)
Fernando León de Aranoa, 2021
When: September 25, 2023
UM Dearborn, CASL Building Room 1030
4901 Evergreen Rd, Dearborn, MI

El espinazo del diablo (The Devil´s Backbone)
Guillermo del Toro, 2001
When: October 16, 2023
MexicantownCDC
Plaza Del Norte
2835 Bagley St. Suite 500, Detroit, MI 48216

Time: 5:30pm-8:30pm
(All showings will begin at 6pm).

As bestas (The Beasts)
Rodrigo Sorogoyen, 2022
When: November 6, 2023
UM Dearborn, CASL Building, Room 1030
4901 Evergreen Rd, Dearborn, MI 48218

También la lluvia (Even the Rain)
Icíar Bollaín, 2010
When: December 4
MexicantownCDC
Plaza Del Norte Building
2835 Bagley St. Suite 500, Detroit, MI 48216

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For more information, please contact Jorge Gonzalez del Pozo at jorgegdp@umich.edu.

Presented by: Mexican Patriotic Committee of Metro Detroit

Miss Mexico 2024
GALA PAGEANT

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Author Stephen Mack Jones Presents DEUS X

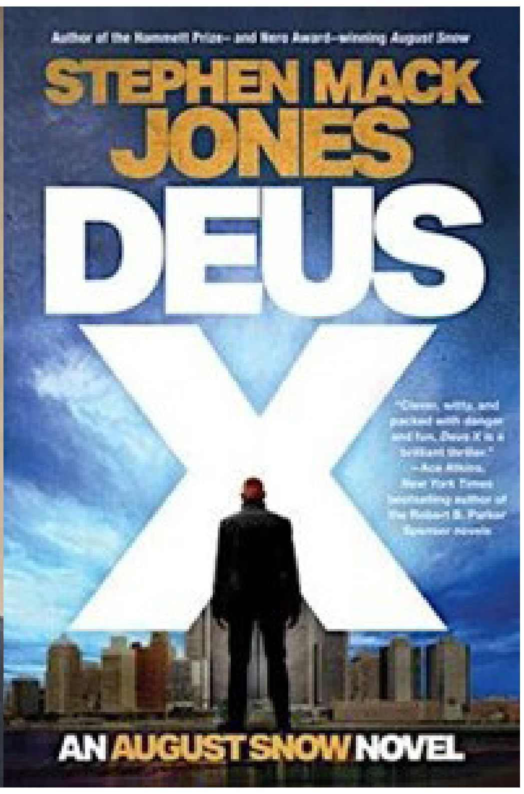
27th Letter Books

Sat Nov 04 2023
at 2:00 pm to 4:00 pm
Main | Detroit Public Library | Detroit, MI

Local author Stephen Mack Jones will bring his latest book tour to his hometown to present his brand new book DEUS X. In this fourth installment, Detroit ex-cop August Snow must delve into mysterious happenings in the Catholic church, forcing him to question his own faith. The August Snow series takes place in Southwest Detroit and Jones' books are peppered with lots of local history, culture and personalities.

Copies of DEUS X will be on sale courtesy of 27th Letter Books.

Stephen Mack Jones previous books are; August Snow (2017), Lives Laid Away (2019), and Dead of Winter (2021).



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Ambassador Bridge and the Hubbard Richard Residents Association

Con't from pg. 1

This agreement is the result of a lot of hard work, will provide a win-win-win for the HRRA, City and our company, and demonstrates our commitment to improving important relationships. We look forward to working together to implement the agreement."

"I want to thank the HRRA and the neighborhood for their good faith participation in the discussions and negotiations that led to this agreement. Moreover, I want to thank Mayor Duggan and his staff for their personal involvement and commitment to get this done along with Council President Mary Sheffield, Council Member Mary Waters, their staffs, along with a special thank you to Councilmember Santiago-Romero and her staff, all of whom played key roles helping bring this agreement to fruition."

Sam Butler, president of the Hubbard Richard Resident Association, said, "The Ambassador Bridge's commitment to restrict further property acquisition in our neighborhood is real progress toward repairing long-standing disputes between Hubbard Richard and the Ambassador Bridge. We hope this is the beginning of continued cooperation with the Ambassador Bridge to sustain our thriving residential neighborhood. With the City's support, we are excited to work with partners to transform currently vacant land into affordable housing, greenspace, and other valuable assets for the neighborhood."

"This is a major turning point for the Hubbard-Richard community and the Bridge Company," said Mayor Mike Duggan. "Their willingness to work together resulted in an agreement to build a badly needed plaza expansion in a way that respects the residential character of the community and provides it some real benefits."

Council Member Santiago-Romero said, "As Council Member, I am focused on creating vibrant, thriving communities for Detroiters and I am grateful for the opportunity to do so in partnership with my residents. This most recent chapter of DIBC-Hubbard Richard relations can be a new beginning. For years, residents had an ask of DIBC and the City: come to the table, listen to our lived experiences, and negotiate with us – directly. After countless deliberations and late nights, what resulted was this community driven community benefits agreement with protections and assurances. It's my hope that we build on this momentum and ensure that we put the voices and wellbeing of impacted residents front and center in all development moving forward."

The next steps under the Agreement include the Ambassador Bridge obtaining various City approvals, including City Council approval of the Agreement.

About Hubbard Richard Resident Association

The HRRA advocates for the interests of the Hubbard Richard neighborhood, which is bounded by Grand Boulevard, Fort Street, 16th Street, and Toledo Street.

About the Ambassador Bridge

The Ambassador Bridge is a tolled suspension bridge across the Detroit River that connects Detroit, Michigan in the United States with Windsor, Ontario in Canada. The Bridge and its related companies provide employment for over 20,000 worldwide and nearly 1,000 in the City of Detroit.

El Puente Ambassador y la Asociación de Residentes de Hubbard Richard

Con't de pg. 1

Este acuerdo es el resultado de mucho trabajo duro, el cual será beneficioso para HRRA, la ciudad y nuestra empresa, y demuestra nuestro compromiso de mejorar relaciones importantes. Esperamos trabajar juntos para implementar este acuerdo".

"Quiero agradecer a la HRRA y a los vecinos por su participación de buena fe en las discusiones y negociaciones que nos llevaron a este acuerdo. Además, quiero agradecer al alcalde Duggan y su personal por su participación personal y compromiso para lograr que esto se haga junto con la presidenta del concejo Mary Sheffield, la concejal Mary Waters y su personal, junto con un agradecimiento especial a la concejal Santiago-Romero y su personal, quienes desempeñaron papeles clave para ayudar a que este acuerdo se hiciera realidad".

Sam Butler, presidente de la Asociación de Residentes de Hubbard Richard, dijo: "El compromiso del Puente Ambassador de restringir futuras adquisiciones de propiedades en nuestro vecindario es un progreso real hacia la reparación de disputas pasadas entre Hubbard Richard y el Puente Ambassador. Esperamos que este sea el comienzo de una cooperación continua con el Puente Ambassador para sostener nuestro próspero vecindario residencial. Con el apoyo de la Ciudad, estamos entusiasmados de trabajar con socios para transformar terrenos actualmente baldíos en viviendas asequibles, espacios verdes y otros activos valiosos para el vecindario".

"Este es un importante punto de inflexión para la comunidad de Hubbard-Richard y Bridge Company", dijo el alcalde Mike Duggan. "Su voluntad de trabajar juntos resultó en un acuerdo para construir una expansión de la plaza muy necesaria de una manera que respete el carácter residencial de la comunidad y le proporcione algunos beneficios reales".

El concejal Santiago-Romero dijo: "Como miembro del concejo, estoy enfocado en crear comunidades vibrantes y prósperas para los habitantes de Detroit y estoy agradecido por la oportunidad de hacerlo en asociación con mis residentes. Este nuevo capítulo en la relación DIBC-Hubbard Richard puede ser un nuevo comienzo. Durante años, los residentes hicieron una petición a la DIBC y a la Ciudad: que nos sentáramos juntos para poder hablar de sus experiencias y negociar con nosotros, directamente. Después de innumerables deliberaciones y trasnochadas, el resultado fue este acuerdo de beneficios comunitarios impulsado por la comunidad con protecciones y garantías. Tengo la esperanza de que aprovecharemos este impulso y nos aseguraremos de poner las voces y el bienestar de los residentes afectados, al frente y al centro de todo desarrollo en el futuro".

Los próximos pasos bajo el Acuerdo incluyen que el Puente Ambassador obtenga varias aprobaciones de la Ciudad, incluida la aprobación del Acuerdo por parte del Concejo Municipal.

Traducción por Carmen Elena Luna

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Newcomer Rental Subsidy Program Launches to Increase Affordable Housing Statewide

Global Michigan, MSHDA encourage refugees, newcomers to apply

The Michigan Department of Labor and Economic Opportunity (LEO)'s Office of Global Michigan has launched the Newcomer Rental Subsidy program that will provide temporary support for refugees and other newcomer populations coming to the state, thanks to support from the Michigan State Housing Development Authority (MSHDA) Housing and Community Development Fund and Office of Global Michigan's investment of federal Office of Refugee Resettlement funding.

"We are thrilled to couple funding from MSHDA together with our Office of Global Michigan's efforts to support one common goal – making Michigan a place where all people, businesses and communities have the economic means and personal freedoms to reach their full potential," said Susan Corbin, LEO director, and MSHDA Board chair.

Affordable housing is a critical need for newly arriving refugees and for local community partners and sponsors who provide resettlement support. The subsidy program will give refugees, asylees and other newcomer populations the opportunity to apply for rental subsidy assistance, to help families successfully integrate into communities, become self-sufficient and thrive.

"The Newcomer Rental Subsidy program will increase access to better and more affordable housing opportunities while supporting a more rapid social integration for refugees and other newcomer populations in Michigan," said Poppy Hernandez, Office of Global Michigan director. "Global Michigan is committed to providing support that builds welcoming, inclusive communities for those who choose our state as their new home."

The program provides refugees and other newcomer population-eligible households with monthly rental assistance for up to 12 months, with eligibility heavily based on immigration status and household income. The amount of financial support per eligible household will range from $300 to $500 per month depending on household size.

Eligibility and Immigration Status

A beneficiary must have an eligible immigration status as defined by the Office of Refugee Resettlement which includes:

- Refugees
- Asylees
- Special Immigration Visa (SIV)
- Victims of Human Trafficking
- Cuban and Haitian entrants
- Afghan Nationals, and
- Ukrainian Humanitarian Parolees.

Other immigration statuses include individuals who arrived under the Cuban, Haitian, Nicaraguan and Venezuelan (CHNV) program; individuals who arrived under the Family Reunification Parole Process for El Salvador, Guatemala, Honduras, and Colombia, individuals with a pending asylum application, and other immigrant individuals on a case-by-case scenario.

Eligibility and Household Income

- Applicants must be renting individuals or households who are experiencing housing instability; and:
- Under 85% of the Federal Poverty Limit, or
- Live in Qualified Census Tract area, or
- Have an income at or below 60% of Area Median Income (AMI) and receive any of the following federal assistance:

o Temporary Assistance for Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP), Free and Reduced-Price Lunch (NSLP) and/or School Breakfast (SBP) programs, Medicare Part D Low-income Subsidies, Supplemental Security Income (SSI), Head Start and/or Early Head Start, Special Supplemental Nutrition Program for Women Infants, and Children (WIC), Low-Income Home Energy Assistance Program (LIHEAP), or Pell Grants.

Find answers to frequently asked questions, eligibility criteria and learn how to apply at https://www.michigan.gov/ogm/services/newcomer-rental-subsidy

Global Michigan Program Background

Office of Global Michigan, whose mission is to make Michigan welcoming and inclusive, in partnership with Michigan State Housing Development Authority launched the Newcomer Rental Subsidy program. The program is also supported in part, by federal award number SLFRP0127 awarded to the state of Michigan by the U.S. Department of the Treasury and in part by the Office of Global Michigan through allocation of federal Office of Refugee Resettlement awards.

42 Michiganders to be honored at 2023 Governor's Service Awards

Gov. Gretchen Whitmer and the Michigan Community Service Commission have announced the 42 winners who will be honored at the 2023 Governor's Service Awards Nov. 28 at the Fox Theatre in Detroit.

Individuals, businesses and nonprofit organizations will also be honored for their commitment to volunteerism, service or philanthropy.

"Michiganders roll up their sleeves to help their communities and always have each other's backs," said Governor Whitmer. "That spirit of service and selflessness defines us and demonstrates the power of getting things done for the people and places you love most. Every year, we come together to honor those extraordinary Michiganders who go above and beyond to serve their community and this year is no different. I look forward to meeting and celebrating all the awardees from across Michigan and hearing their stories."

The Michigan Community Service Commission will host the 2023 Governor's Service Awards on Nov. 28, 7 p.m. at the Fox Theatre in Detroit. Admission to event is free, but register to attend.

To recognize those who go above and beyond, the Governor's Service Awards have been presented since 1994. The Michigan Community Service Commission supports Michigan volunteers, organizations and businesses that are committed to service and play a critical role in improving the lives of our people and communities.

The winners include:

- **Governor George Romney Lifetime Achievement Award:** Helen Knar (Arakelian) Cirrito (East Lansing)
- Lifetime Humanitarian Award: Roland Hwang (Northville)
- **Excellence in Philanthropy Award:** Gilbert Family Foundation (Detroit), Fred A. and Barbara M. Erb Family Foundation (Birmingham)
- **Spirit of Hope Award:** Tracy Edwards (Lansing), Jeremiah Steen (Detroit), John Zaretti (Canton), Bruce Millan and Barbara Busby (Posthumously)
- **Youth Volunteer of the Year:** Vishal Swamy (Novi), Skyler McAlpine (Warren), Sawyer Hendrickson (Ludington), Mason Schlafer (Norton Shores), Julian Morris (Saginaw)
- **Volunteer of the Year:** Moussa Niang (Detroit), Diane Young (Benton Harbor), Marcia Gonstead (Big Bay), Cisily Zuniga (Muskegon), Bob Hoffman (East Lansing)
- **Older Adult Volunteer of the Year:** E.T. Buck (South Haven), Brenda J. Byrd (Ypsilanti), Ann Heler (Ferndale), Robert Spencer (Battle Creek), Eleanor Lopez (Mt. Pleasant), Ursulina (Nina) Gulledge (Roscommon)
- **Youth Impact Award:** Sgt. Bryant George (Detroit), My Sister's Keeper (Highland Park), Northeast Michigan Community Service Agency - School Success Partnership Program (Alpena), Gro-Town (Grosse Pointe Woods), Grand Haven High School Interact Club (Grand Haven)
- **Community Impact Award:** Andrew Rickauer (Marquette), Andrea Garcia Ryan (DeWitt), Bread of Life Food Pantry (Baldwin), Suicide Survivors Fund (Marquette), Women of Colors (Saginaw)
- **Corporate Social Impact Award:** Kellanova (Battle Creek), Steelcase (Grand Rapids), Mitten Brewing Company (Grand Rapids)
- **National Service Impact Award:** Diana Rodriguez-Algra (Lansing), Carolyn Bloodworth (Jackson), Kyle Caldwell (Grand Rapids), Julie Calley (Portland), Sam Singh (East Lansing)

Visit www.michigan.gov/GovernorsServiceAwards for winners' full biographies and more information.

World's Special Cultures

Mexican Day Of The Dead

Mexican Day Of The Dead

The Day of the Dead tradition is one of the most representative festivities of the pre-Hispanic identity of Mexico. It is celebrated on November 2 of each year, filling everything with color and festivity. The ofrenda-altar of the dead can be seen everywhere, since there are so many to honor.

The ofrenda-altar is an invitation to those from the afterlife, those who belong to the underworld, so they can come to celebrate life and enjoy what they liked so much while they were living, it is a way of saying that they have not been forgotten.

In the most common type of ofrenda-altar we find the photo to whom it is addressed on the highest floor; the cross of salt and ashes on the ground; toiletries on the level immediately above the ground; at all levels candles, shredded paper and marigold flowers, as well as the purplish red flowers called ribbons. On the middle floor, personal items and food of your choice.

The toiletries: mirror, soap, water tray and towel are for the dead person to wash before the feast. And the personal objects are to remind them that the life they had was joyful. The cross of salt and ashes are to purify their spirit. The Cempasúchil flowers and red ribbon flowers, as well as the candles are to guide and illuminate their way back to the world of the living.

The ofrenda-altar have variations. The altar that keep the ideology of the Catholic thoughts, has three levels that represent: heaven, earth and purgatory. There are others who are closest to the pre-Hispanic view and have nine or thirteen levels. The altars of nine refer to the nine levels of the underworld-Mictlán; those of thirteen, are a reminiscence of the thirteen heavens or the thirteen paths to heaven.

There are regions of Mexico where it is not done in levels, but rather on a single surface, such as in Morelos where a hanging

altar is made, or, in the north of Mexico, in Sonora, the indigenous peoples: Mayos, Yaquis, Seris, whose make their altar in the patio of their houses, and they call it Tapanco. The Tapanco is a single level elevated one yard from the ground, it is a base made of mesquite poles that symbolize the same plank where the dead is carried, supported by four wooden trunks that symbolize the candles that accompany the dead. Unlike the altars and ofrendes in the rest of the country, in the Tapancos there are no belongings or photos of the person who died, nor shredded paper, but only some candles, fruits, food, flowers and the cross.

Another of the most symbolic elements of this date is the Pan de Muerto-Bread of the Dead, this is also not the same throughout the country, because in some regions of Mexico, such as Guanajuato, anise bread is baked in a round shape and in the center at the front. It has like hands tied, when served it is turned over and on the flat side it is smeared with cajeta of sweet potato with guava, or sweet potato with pecans. In other regions such as the center of México, bread of the dead is sprinkled with pink sugar. In other places, such as Michoacán, bread is made with more detailed human figures and also animal figures.

Papel picado also plays a very important role and is made with tissue paper, also called colibrí-hummingbird paper, a type of very thin and soft paper in a vast number of colors. The most important colors for an altar are orange, white, blue, pink. The most common patterns are skulls or florals with diamonds, circles, leaves and other figures that invite the dead to return. The cuts are made by folding the paper so that when passing the scissors, knives or profilers the cuts create the figures in a vacuum, and then hang them with threads, decorating like if they were waving flags.

Another tradition that accompanies this day is the exchange of candy skulls, and it is common to give sugar skulls decorated with bright and vivid colors, which on the front of the skull bear the name of who it is going to be given to. This gesture is a way of showing affection.

Thus, Literary Calaveritas are also delivered, which are short poems in rhyme, in which it is narrated how the loved one escapes death. Here we give you a brief example so that you can write yours to someone you love.

Francisca and death

The reaper comes happy,
without any nanny
she comes cross-eyed looking
for Francisca long living.

Francisca is busy
the aunt, the cousin and the cook,
allover around she walks the town,
so many errands to do.

The reaper goes to aunt's house
Oh, poor reaper,
she hurried so much for nothing,
because again late she was.

The reaper is tired,
looking around all day
hunting Francisca
which is in such a hurry.

I know that Francisca,
she has a lot to do
before she can die
That's why she doesn't get trapped.

Tell them you saw it in EL CENTRAL
Diles que lo viste en EL CENTRAL

ESPECIAL CULTURAS DEL MUNDO

Día de muertos en México

Día de muertos en México

La tradición de día de muertos es una de las festividades más representativas de la identidad prehispánica de México. Se celebra el 2 de noviembre de cada año llenando todo de color y festividad. La ofrenda-altar de muertos en todos lados se ven, pues hay tantos a quien homenajear.

El altar-ofrenda es una invitación a quienes se le dedica para que desde el más allá, desde el inframundo, vengan para festejar la vida y disfrutar aquello que tanto era de su gusto, es una forma de decir que no se les ha olvidado.

En el tipo de altar más común encontramos la foto a quien va dirigido en el piso más alto; la cruz de sal y ceniza en el suelo; los artículos de aseo en el nivel inmediato arriba del suelo; en todos los niveles velas, papel picado y flores de cempasúchil, así como las flores rojo purpúreo a las que se les llaman listones. En el piso de en medio, los objetos personales y los alimentos de su preferencia.

Los artículos de aseo: el espejo, el jabón, la bandeja de agua y la toalla son para que el muerto se lave antes del festín. Y los objetos personales es para que le recuerden que la vida que tuvo fue gozosa. La cruz de sal y ceniza son para que le purifiquen el espíritu. Las flores de Cempasúchil y flores listón rojo, así como las velas son para que guíen e ilumines su camino de regreso al mundo de los vivos.

Las ofrenda-altares tienen variaciones. El altar más apegado a la tradición católica, cuenta con tres niveles que representa: el cielo, la tierra y el purgatorio. Hay otros que lo apegan a lo prehispánico con nueve o trece niveles. Los altares de nueve, remiten a los nueve niveles del inframundo-Mictlán; los de trece, por los trece cielos o los trece caminos al cielo.

Hay regiones de México donde no se hace en niveles, sino que se hace en una sola superficie, como en Morelos que se hace un altar colgante o en el norte de México, en Sonora, los pueblos indígenas: mayos, yaquis, seris, que hacen su altar en el patio de sus casas, y le llaman Tapanco. El Tapanco es de un solo nivel elevado del suelo como a un metro, es una base hecha de varas de mezquite que simbolizan la misma plancha donde se lleva al muerto, sostenida por cuatro troncos de madera que simbolizan los sirios que acompañan al muerto. A diferencia de los altares y ofrendas del resto del país, en los tapancos del norte no se ponen las pertenencias ni fotos de quien fallece, ni papel picado, sino sólo unas velas, frutas, comida, flores y la cruz.

Otro de los elementos más simbólicos de esta fecha, es el Pan de Muerto, también este no es igual es todo el país, pues en algunas regiones de México, como en Guanajuato se hornea pan de anís con forma redonda y en el centro al frente lleva unas como manos atadas, al servirse se voltea y en la parte plana se embarra con cajeta de camote con guayaba, o de camote con nuez. En otras regiones como el centro del país al pan de muerto se le espolvorea con azúcar rosa. En otros lugares como en Michoacán el pan se hace con figuras humanas más detalladas y también figuras animales.

El papel picado, también juega un papel importantísimo y se hace con papel de china, también llamado papel colibrí, un tipo de papel muy delgado y suave en una vasta cantidad de colores. Los colores más importantes para un altar de muertos son el naranja, el blanco, el azul, el rosa. Los patrones más comunes son calaveras o florales con diamantes, círculos, hojas y otras figuras que inviten a los muertos a volver. Los cortes se hacen doblando el papel de manera que al pasar las tijeras, las navajas o perfiladores los cortes creen las figuras al vacío, para luego colgarse con hilos, adornen como banderas ondeando.

Otra de las tradiciones que acompañan este día es el intercambio de calaveritas de dulce, siendo común entregar calaveritas de azúcar decoradas con colores vivos y brillantes, que en la parte frontal del cráneo lleva el nombre de a quién se le va a regalar. Este gesto es una forma de mostrar cariño.

Así, también se entregan Calaveritas Literarias, que son poesías cortas en rima, en las que se narra cómo la persona querida escapa de la muerte. Aquí les ponemos un breve ejemplo para que ustedes escriban la suya a alguien que quieran.

Francisca y la muerte

La parca viene contenta,
con la panza regordeta,
viene buscando la bizca
a la viva de Francisca.

Francisca está ocupada
la tía, la prima y la cocinada,
por todo el pueblo ella anda
de lo muy obligada.

A casa de tía la flaca
fue la pobre calaca
se apuró tanto la parca,
y tarde llegó la opaca.

Cansada la catrina,
lleva todo el día
cazando a Francisca
que lleva tanta prisa.

Yo sé que la Francisca,
mucho tiene por hacer
antes de poder fallecer
por eso no cae distraída.

Espera nuestro Especial Semanal

CULTURAS LATINOAMERICANAS,

by Mariana Ayón RV

Mistreatment of Michigan Farmworkers

U-M researchers document abuses, push for change

by Kim North Shine - *Michigan News*, University of Michigan

Denied drinking water. Timed bathroom breaks. Threatened or fired for bruising apples while picking them. Unsafe exposure to chemicals and pesticides. Working into the middle of night or in extreme heat or rain. Unpaid or unfairly paid wages with no recourse.

This sampling of experiences was shared by farmworkers who work in Michigan crop fields, greenhouses and packing plants and who were interviewed for the Michigan Farmworker Project, a community-based participatory research project led by University of Michigan social epidemiologists Lisbeth Iglesias-Rios and Alexis Handal.

Lisbeth Iglesias-Rios

Alexis Handal

Their latest research, published in the Labor Studies Journal, documents a range of dehumanizing, stressful, unsafe and unhealthy workplace and living conditions. In their qualitative research effort, the researchers specifically explore the effects of precarious employment and labor exploitation on how they affect the health of farmworkers.

"There are multisystem failures in the protection of farmworkers in Michigan," said Iglesias-Rios, a research investigator at the U-M School of Public Health. "We identified dimensions of precarious employment and labor exploitation that involve lacking access to fundamental labor and social rights, including dehumanization, discriminatory occupational practices and insufficient access to health care and social benefits."

The study comes as Michiganders reap the benefits of annual fall harvests made possible by thousands of farmworkers whose work each year and in every season is critical to the states' agricultural industry, which contributes nearly $105 billion annually to the economy, according to the Michigan Department of Agriculture and Rural Development.

The researchers' goal is to shine a light on changes that could right commonplace abuses against a group of workers who are denied workplace protections afforded most U.S. employees.

Other conditions and situations reported by farmworkers in the research include hostile and abusive work environments that include workers being denied basic rights such as drinking water or using the restroom, threats of being reported to Immigration Customs and Enforcement, and disregard for the health and safety of workers overall.

The 35 farmworkers in four Michigan counties interviewed for the study work with a variety of crops and food production: strawberries, blueberries, apples and asparagus, among other fruits and vegetables. The researchers collaborated with the Office of Migrant Affairs, which is part of the Michigan Department of Health and Human Services, the Michigan Immigrants Rights Center and Farmworker Legal Services, organizations which have a long history of working with the farmworker community.

Michigan is second to California when it comes to diversity of commodities grown and produced.

"I think when people think of farmworkers being treated in these ways, they think it is a California or a Florida problem, but this is very much a Michigan problem also," Iglesias-Rios said. "I think people don't make the connection between the amount of commodities produced in Michigan, the people who do the work, and the labor and living conditions."

It's important, she says, for consumers to know where and how food is produced.

"A system where consumers can learn of farms with labor violations or of workers' complaints may convince more employers to change their labor practices and allow consumers to make informed decisions when purchasing products," Iglesias-Rios said.

Currently, there is a need for stronger laws and better enforcement of existing laws, the researchers say. For example, the U.S. Occupational Health and Safety Administration currently has 850 inspectors responsible for the health and safety of 130 million workers employed at more than 8 million worksites around the nation. This translates to about one compliance officer for every 70,000 workers.

Iglesias-Rios and Handal recommend transparency, accountability and higher fines for the industry and farms with labor violations, and accessible information for consumers. They say legal and regulatory definitions are limited and often don't apply to conditions that should be deemed labor violations and labor exploitation, including using deportation and other threats to control workers.

"This focus is even more critical as legal proceedings in cases of labor violations or exploitative labor practices, including labor trafficking, for farmworkers are lengthy, complex, emotionally draining for the worker and can even jeopardize other employment opportunities," Iglesias-Rios said.

It is also important to continue institutional support and funding for academic-community research, as it is "key in identifying conditions such as precarious employment and labor exploitation, both public health issues that contribute to unfair, unjust and avoidable causes of disease and unsafe conditions for farmworkers," said Handal, associate professor of epidemiology and global public health at the U-M School of Public Health.

"The struggles of farmworkers are not new but are in fact the legacy of slavery and the plantation system in America that has created oppressive social and economic systems that are driven by racism, discrimination, economic interests and politics creating unequal opportunities and benefits for workers," Handal said.

She says progress reports by the Michigan Civil Rights Commission show little improvement in the working and living conditions of farmworkers in the state. The U-M research corroborates those reports, which document an array of abuses, lack of enforcement and low fines, even in cases of serious harm or injuries.

Handal and Iglesias-Rios also endorse the formation of a community-based model that supports farmworkers organizing in unions to advocate for workers' rights and the development of farmworker leaders. That, along with the support of state and community agencies and other organizations, could be an important step forward to improve industry standards and protections for farmworkers, they say.

"Our community-academic research approach provides a voice for an invisible and often ignored population of workers," Handal said.

Ultimately, precarious employment and labor exploitation intersect with many other key social determinants of health, including housing access, food security, access to health care and structural racism, the researchers say.

"Policy reform is fundamentally needed," Iglesias-Rios said. "It needs to address the shortcomings with current occupational health and safety standards for farmworkers and the long-lasting health effects across generations."

Changes could right commonplace abuses against a group of workers who are denied workplace protections afforded most U.S. employees.

Study: The Michigan Farmworker Project: A Community-Based Participatory Approach to Research on Precarious Employment and Labor Exploitation of Farmworkers. Research project leads Iglesias-Rios and Handal pictured front row, third and fourth from left.

Investigadoras de la U-M documentan abusos y la necesidad de impulsar cambios

Escrito por Kim North Shine de Michigan News, adaptado al español por Juan Ochoa de Michigan News.

Negar acceso para beber agua. Minutos contados cuando usan el baño. Amenazas o despidos si el trabajador no pizca la manzana de forma correcta. Exposiciones peligrosas a químicos y pesticidas. Trabajar hasta altas horas de la noche o en condiciones de calor extremo o lluvia. Falta de pagos al trabajador o salarios injustos sin posibilidad de hacer reclamos al empleador.

Estas son algunas de las experiencias que fueron compartidas por trabajadores agrícolas que laboran en campos de cultivo, invernaderos y empacadoras en Michigan, entrevistados en el Proyecto de Trabajadores Agrícolas de Michigan. Un proyecto de investigación participativo y comunitario dirigido por las epidemiólogas sociales de la Universidad de Michigan, Lisbeth Iglesias-Rios y Alexis Handal.

El estudio reciente publicado en el Labor Studies Journal, documenta una gama de condiciones laborales y de vida deshumanizante, estresante, insegura y poco saludable. La investigación cualitativa de las investigadoras explora específicamente los efectos del empleo precario y la explotación laboral en la salud de los trabajadores agrícolas.

"Hay múltiples fallas sistémicas en la protección de los trabajadores agrícolas en Michigan", dijo Iglesias-Rios, investigadora de la Escuela de Salud Pública de la U-M. "Identificamos distintas dimensiones de empleo precario y explotación laboral caracterizados por la falta de acceso a derechos laborales y sociales fundamentales, incluyendo la deshumanización, prácticas ocupacionales discriminatorias y un acceso insuficiente a la atención médica y a los beneficios sociales."

El estudio se realizó mientras habitantes de Michigan disfrutan de los beneficios de las cosechas del otoño que son posibles gracias a miles de trabajadores agrícolas cuyo trabajo es fundamental para la industria agrícola del estado, que contribuye casi 105 mil millones de dólares anualmente a la economía, según el Departamento de Agricultura y Desarrollo Rural de Michigan.

El objetivo de las investigadoras es dar luz a los cambios que podrían mejorar los abusos comunes contra un grupo de trabajadores a quienes se les niegan las protecciones laborales otorgadas a la mayoría de los trabajadores en los Estados Unidos.

Otras condiciones y situaciones reportadas por los trabajadores agrícolas en la investigación incluyen un ambiente laboral hostil y abusivo incluyendo la negación de derechos laborales básicos, como acceso a agua para beber o usar el baño, amenazas de ser reportados a la Oficina de Aduanas y Protección Fronteriza y la falta de atención en general a la salud y la seguridad de los trabajadores.

La investigación entrevistó a 35 trabajadores agrícolas en cuatro condados de Michigan que laboraban en una variedad de cultivos y producción de alimentos: fresas, arándanos, manzanas y espárragos, entre otras frutas y verduras. Las investigadoras colaboraron con la Oficina de Asuntos de Migrantes que es parte del Departamento de Salud y Servicios Humanos de Michigan, el Centro de Derechos de los Inmigrantes de Michigan y Servicios Legales para Trabajadores Agrícolas, organizaciones con una larga historia de trabajo con la comunidad agrícola en Michigan.

Michigan es el segundo estado en diversidad de productos cultivados y producidos, después de California.

"Creo que cuando las personas piensan en los trabajadores agrícolas siendo tratados de esta manera, piensan que es un problema de California o Florida, pero esto es también un problema de Michigan", dijo Iglesias-Rios. "Creo que la gente no establece la conexión entre la cantidad de productos producidos en Michigan, las personas que realizan el trabajo, las condiciones laborales y las condiciones de vida de estos trabajadores".

Es importante, dice ella, que los consumidores sepan de dónde y cómo se producen los alimentos.

"Un sistema donde los consumidores puedan informarse acerca de las granjas con violaciones laborales o de las quejas de los trabajadores, puede convencer a más empleadores a cambiar sus prácticas laborales y permitir a los consumidores tomar decisiones informadas al comprar productos", dijo Iglesias-Rios.

Actualmente, se requiere una legislación más sólida y una mejor aplicación de las leyes existentes, según las investigadoras. Por ejemplo, la Administración de Seguridad y Salud Ocupacional de EE. UU. (OSHA, por sus siglas en inglés), una de las dos agencias federales encargadas del cumplimiento, cuenta actualmente con 850 inspectores responsables de la salud y seguridad de 130 millones de trabajadores en más de 8 millones de lugares de trabajo en todo el país. Esto significa que hay aproximadamente un inspector de cumplimiento por cada 70,000 trabajadores.

Iglesias-Rios y Handal recomiendan transparencia, responsabilidad y multas más altas para la industria y las granjas con violaciones laborales, así como información accesible para los consumidores. Aseguran que las definiciones legales y regulatorias son limitadas y a menudo no se aplican a condiciones que deberían considerarse violaciones laborales o prácticas laborales explotadoras, incluyendo deportar a los trabajadores u otras amenazas para controlar a los trabajadores.

"Este enfoque es aún más crítico en los procesos legales en casos de violaciones o prácticas laborales explotadoras, incluyendo la trata de trabajadores agrícolas. En estas instancias de trata laboral los procesos legales son largos, complejos, agotadores emocionalmente para el trabajador y pueden incluso poner en peligro otras oportunidades de empleo para el trabajador", dijo Iglesias-Rios.

Ilustración conceptual de trabajadores agricolas migrantes. Crédito de la imagen: Nicole Smith, realizado con Midjourney

También es importante mantener el apoyo institucional y la financiación para la investigación académica-comunitaria, ya que es "clave para identificar condiciones como el empleo precario y la explotación laboral, ambos problemas de salud pública que contribuyen a causas injustas y evitables de enfermedades y condiciones inseguras para los trabajadores agrícolas", dijo Handal, profesora asociada de epidemiología y salud pública global en la Escuela de Salud Pública de la U-M.

"La lucha de los trabajadores agrícolas no son nuevas, sino que son, de hecho, el legado de la esclavitud y el sistema de plantaciones en América que han creado sistemas sociales y económicos opresivos impulsados por el racismo, la discriminación, los intereses económicos y la política, generando oportunidades y beneficios desiguales para los trabajadores", afirma Handal.

Handal dice que los informes de progreso de la Comisión de Derechos Civiles de Michigan muestran escasa mejoría en las condiciones laborales y de vida de los trabajadores agrícolas en el estado. Esta investigación corrobora esos informes, que documentan una serie de abusos, falta de aplicación de la ley y multas bajas, incluso en casos de graves daños o lesiones.

Iglesias-Rios y Handal también respaldan la formación de un modelo comunitario que apoye la organización sindical de los trabajadores agrícolas para abogar por los derechos de los trabajadores y el desarrollo de líderes entre los trabajadores agrícolas. Esto, junto con el apoyo de agencias estatales y comunitarias y otras organizaciones, podría ser un paso importante para mejorar los estándares de la industria y la protección de los trabajadores agrícolas, comentan las investigadoras.

"Nuestra metodología comunitaria-académica de investigación proporciona voz a una población de trabajadores que permanecen invisibles y son frecuentemente ignorados", dijo Handal.

En última instancia, la precariedad y la explotación laborales se entrelazan con muchos otros determinantes sociales clave de la salud, incluido el acceso a la vivienda, la seguridad alimentaria, el acceso a la atención médica y el racismo estructural, según las investigadoras.

"Se necesita una reforma de políticas de manera fundamental", afirmó Iglesias-Rios. "Es necesario abordar las deficiencias en las normas actuales de salud y seguridad ocupacional para los trabajadores agrícolas y los efectos duraderos en la salud a lo largo de las generaciones".

Estudio: The Michigan Farmworker Project: A Community-Based Participatory Approach to Research on Precarious Employment and Labor Exploitation of Farmworkers

Los cambios podrían corregir abusos comunes contra un grupo de trabajadores a quienes se les niegan las protecciones laborales.

Lions - 26
Raiders - 14

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

This past Monday, the Detroit Lions (6-2), returned to Ford Field to host the Las Vegas Raiders (3-5).

The Lions were looking to bounce back after being defeated the previous Sunday.

The Lions did just that.

The Lions went into half time beating the Raiders 16-7, and defeated the Raiders, 26-14.

The Detroit Lions have a BYE week this Sunday, then go on the road, on Sunday November 12th to take on the Los Angeles Charges at 4:05 pm (CBS), before returning to Ford Field to host the Chicago Bears, Sunday, November 19th at 1:00 pm (FOX), then the Green Bay Packers, on Thanksgiving Thursday, November 23rd at 12:30 pm (FOX).

The University of Michigan Wolverines host the Purdue Boilermakers, Saturday, November 4th, at the Big House in Ann Arbor, under the lights, at 7:30 pm (NBC).

The Michigan State Spartans host the Nebraska Cornhuskers, Saturday, November 4th at 12:00 pm (FS1).

Photos below are from the Lions vs. Raiders game

Photos by Adam J. Dewey

Lions S #31 Kerry Joseph intercepts a pass from Raiders QB #10 Kimmy Garoppolo close to the goal line. Joseph had 2 tackles and 1 INT

Lions TE #87 Sam LaPorta scores a touchdown. LaPorta had 8 receptions for 57 yards with 1 TD

Lions RB #26 Jahmyr Gibbs makes a play against the Raiders. Gibbs had 26 carries for 152 yards with 1 TD, and 5 receptions for 37 yards

Lions LB #46 Jack Campbell pushes Raiders TE #81 Autin Hooper out of bounds. Campbell had 4 tackles

Lions head coach Dan Campbell and Raiders head coach Josh McDaniels shake hands after the game

Lions QB #16 Jared Goff sets to throw against the Raiders. Goff was 26 for 37 for 272 yards with 1 INT and 1 TD

DCFC CRUSHED IN LOUISVILLE

EL CENTRAL HISPANIC NEWS SPORTS Pateando la No. 5

David Levine
EL CENTRAL

Having pulled off a stunning upset in Pittsburgh a week earlier, Detroit City went into Louisville with nothing to lose for a second week. This time they couldn't cash in on the opportunity, losing 4-0 to a team that has made the Eastern Conference finals for the eighth straight year. The opening exchanges looked promising, but it quickly fell apart.

Louisville benefited from having a cagey veteran in Brian Ownby leading their attack. He executed a beautiful dive past Michael Bryant that earned a penalty kick. It was the first in a series of dubious referee decisions that went against Le Rouge. After Cameron Lancaster converted the spot kick, Trevor James' game plan went out the window.

Minutes later, midfielder Abdoulaye Diop suffered a brutal stomp on his ankle. Referee Ricardo Fierro brushed aside protests from captain Stephen Carroll and several other players, allowing play to go on. Diop made a brave attempt to continue an already injury blighted season, but by the 37th minute, he could not continue. Yazeed Mathews came on and the midfield shifted around to accommodate the change. It was an attacking move with the team still only down 1-0.

The change in personnel didn't inspire the weakest offense in the USL Championship. It may have unsettled the defensive assignments in midfield, too. Still, it was a third questionable referee decision that allowed Louisville to double their lead before the break. A corner kick came in from the left side and clearly struck the hand of a Louisville player in front of the goal. As the City players protested, Ownby banged in the loose ball to end the game as a contest before halftime.

Louisville added two more goals in the second half with no serious reply from DCFC. Thus ended the 2023 season. The same problem that affected DCFC all season continued in the playoffs: no offensive threat. The lack of goals stands out, but the inability to create opportunities from open play really put enormous pressure on the defense to keep clean sheets. It worked in Pittsburgh, but that is hardly sustainable over a multi-game playoff.

Now begins the most crucial offseason in the club's history. Trevor James has coached his last game and will become the Sporting Director for the club. He will oversee the hiring process for his successor as well as have oversight of the club from the first team down to the youth teams, both men and women. The new coaching team will have a major assignment right away. They will have to come up with players who can stimulate offense.

Missing from the team are a top goal threat and a midfielder who can carry the ball forward and drive at the opposition defense. They also need greater threat from the wings. Connor Rutz and Rhys Williams provided no goals and just four assists for the season. Ben Morris led the team with seven goals, but they were in very few games. Nobody else could even get to five. The defense and stellar goalkeeper Nate Steinwascher kept them in most games, but if they ever gave up the first goal, they were pretty much doomed.

The 2024 season will get underway in mid-March. The league will lose the San Diego Loyal, who folded under pressure from the arrival of a new MLS team in their city. The USL will be adding new teams in Rhode Island and North Carolina next year. That will certainly bring about a minor realignment with Tulsa likely to move to the Western Conference and the two new teams joining the East.

Previous statements from DCFC indicated that they are working to have a new head coach in place before the end of the year. That will begin the process of assembling the squad for next year. Season ticket sales start this week with only modest price increases compared to the four other professional teams in Detroit. Given that the prices make DCFC the best bargain in local sports and they are the only team win a post-season game during the past seven years, they won't have any trouble retaining and potentially growing their fan base. Now, DCFC has to give the loyal fans some more exciting play to watch.

Fans Dressed Up For Monday Night Football

Fans came out and packed Ford Field, this past Monday night when the Lions hosted the Raiders.

Fans dressed up for Halloween for the game.

Photos below are dressed up fans during Monday Night Football between the Lions and Raiders

Photos by Adam J. Dewey

Fans dressed up as Halloween Horror movie icons, (l-r) Leatherface- Texas Chainsaw Massacre, Ghostface- Scream, Freddy Krueger- Nightmare on Elm Street (behind Ghostface), Jason Voorhees- Friday the 13th, and Michael Myers- Halloween

Macho Man, Hulk Hogan, and fan wearing #87 Sam LaPorta jersey

(L-R) Woody, Jessie, Alien, and Buzz Lightyear from Toy Story

EDITORIAL OPINION

"IMMIGRATION, YES OR NO?"

By Raoul Lowery Contreras

Israel was assaulted by HAMAS terrorists on October 7 and Hezbollah terrorists based in Lebanon followed a few days later. Most of the terrorists are Arabs who claim they are Palistinians from what used to be called Palestine when it was British territory before 1947. That real estate is Israel today.

Here in the United States, the conflict is being discussed by many on college campuses, on the streets, in the media and some of the widespread discussion verges on violence that can explode at any time. If local and state police departments aren't preparing they are not doing their jobs. Ditto state National Guard units.

Verbal jousts started immediately minutes after terrorists crossed into Israel from the Gaza Strip and slaughtered hundreds of unarmed citizens-- men, women and children. Additionally, they shockingly did what few legitimate warriors ever do, they took hostages, civilian hostages, over 200 of them, including men, women and children and rushed them back to their own territory.

One American presidential candidate promises to ban immigration from Muslim countries when he is sworn in on January 20, 2025. Others demand that freedom of speech be denied Muslims who are front and center of the verbal clashes we all see on social media and on television. Congressmen want to censure a colleague who is a Palestinian for supporting her own people.

American politicians are stepping forward to suspend free speech for those who support the Palestinian side of the conflict. Let's grant that they won't get very far with that argument. Courts will undoubtedly hinder such attempts. We hope.

The problem will be those who say they will shut down immigration from Muslim countries or immigrants from European countries with large Muslim populations like France, Germany, etc. These immigration restrictionists are the same people who build walls, or try to, on our southern border while ignoring the longer northern border where people cross illegally 24 hours of the day.

The argument remains the same on the border about illegal border crossers whether it is the traditional Mexican crosser or today's number one illegal border crosser, Venezuelans. Immigrants are coming here to replace "white Americans." None should be allowed to come to the U.S. say these people. Who? The usual suspects. They all look the same, they all talk the same. Currently they are led vociferously by Fox-dumped Tucker Carlson and a candidate for President who has dumped Fox News.

The presidential candidate and his supporters believe that little "brown" people from the Americas and transplanted people of the Muslim faith are determined to crush America and Great Britain where complainers complain that one cannot find an Englishman in London.

Among these people is a cohort of them that demands that non-citizens not be permitted to serve in the American military.

They claim that non-citizens join the U.S. military only for benefits, money and could care less about patriotism and duty. They call immigrant soldiers, sailors, airmen and Marines -- mercenaries. They don't call them patriotic.

They call them mercenaries!

The restrictionists of both immigration and of immigrants in the military are limited in their views because they have little knowledge of the American military experience. This limited knowledge is, perhaps, indicative of a simple lack of knowledge or of intelligence to understand the world around them.

In the Civil War between 1861 and 1865 of the millions who served in the Union forces, 43% were immigrants or sons of immigrants. Since the Civil War when the Medal of Honor was created, 22% of all Medal of Honor recipients have been immigrants. Three Hispanic immigrants in Union forces were the original recipients of the Congressional Medal of Honor.

In 2018, despite opposition to all immigration and to programs for immigrants in the military by the Trump Administration (2017-2021), the Migration Policy Institute estimated that 92,000 Mexican immigrants and 91,000 Filipinos were serving in U.S. forces.

Recently, a retired Marine Lt. Colonel attended a regular Friday afternoon graduation ceremony at San Diego's Marine Corps Recruit Depot (MCRD). He reported that it appeared to him that half the 800 Marines that graduated appeared to be of Mexican origin. We don't know what he saw, but official U.S. Marine Corps statistics say that 19% of Marines are Hispanic, mostly of Mexican origin.

With the U.S. Marine 248th birthday on November 10th we all say "Happy Birthday" or now, Feliz Cumpleanos.

Opinions in this column are not necessarily those of the Publisher or Editor

Do you have a contrary opinion? Write us at info@elcentralmedia.com

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U.S. District Court, Eastern District of Michigan – Case Manager Supervisor Vacancy Announcement at http://www.mied.uscourts.gov. Be a part of a great team located in Detroit, the employee supervises case managers, gathers and reports statistical data and backs up other supervisors in the Operations Department. Professional and friendly work environment, great benefits and close to the downtown amenities. EOE

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Busy Detroit transmission repair facility needs service technicians. We are **looking for skilled R&R mechanics but we are willing to train in that area if you do not have transmission repair skills**.
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Inspiring Quote of the Week !!!

"Do what you can, with what you have, where you are."

- Squire Bill Widener

LA SED, Inc.

LA SED is currently looking to add to their Senior Citizen Program team!
Receptionist, Senior Center
7150 W. Vernor Hwy. at Green St.
Detroit, MI 48209
Directly responsible to the Coordinator of Senior Services
Please contact Mary Carmen Munoz at 313-554-2025 or send resume to mcmunoz@lasedinc.org

NOW HIRING - Housekeeping/Fitness Attendants

Beverly Hills Club
31555 Southfield Rd, Beverly Hills, MI 48025
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Monday to Friday - Weekends as needed
Must have reliable transportation to and from work

BHC is a high-end fitness facility located in Beverly Hills, MI. Enjoy work in a positive environment with benefits which include a club membership.

Maintenance/Housekeeping staff should be motivated; capable of prioritizing and completing work tasks without the need for direct supervision. Responsibilities include general upkeep ensuring proper function and appearance of the BHC facility, as well as monitoring housekeeping and janitorial supplies.
For more information call (248) 642-8500 and ask for Shawn or Chris or come in and fill out an application today!

SER YouthBuild Learning Academy

2023-2024 Board Meeting Calendar

Pursuant to the Open Meetings Act, Act No. 267 of the Public Acts of 1967, being Sections 15.261 to 15.275 of the Michigan Compiled Laws.

Meeting Location: 9215 Michigan Avenue
Detroit, MI, 48210
Time: 5:30pm
Website: www.serlearningacademy.org

November 13th, 2023
December 11th, 2023
No January Meeting
February 12th, 2024
March 11th, 2024
April 15th, 2024 (Third Monday of the Month)
May 6th, 2024
June 10th, 2024-Budget Hearing
No July Meeting

All meetings are scheduled for the second Monday of the month, except when the Academy is on school break (April 15th is the exception). Meetings are held at 5:30pm and take place at 9215 Michigan Avenue, Detroit Michigan at the SER YouthBuild learning Academy School.

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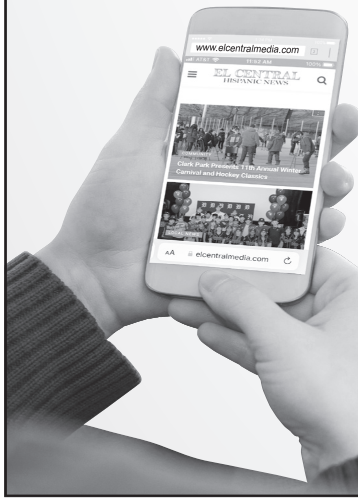


EL CENTRAL
HISPANIC NEWS

Salud/*Health*

Doctors' Tips to Stay Healthy During the Holiday Season

(StatePoint) The holiday season is a joyous time to reconnect with family and loved ones, but it also brings unique health and safety risks, according to doctors, who recommend a bit of extra vigilance to protect yourself and those close to you.

"During the hectic holiday season, it can be hard to carve out time to focus on your wellness. Awareness, along with the adoption of a few healthy habits, can help you and your family enjoy this special time of year in the best of health," says American Medical Association (AMA) president, Jesse M. Ehrenfeld, M.D., M.P.H.

For a healthy, happy season, follow these tips and recommendations from the AMA:

1. Vaccination is the best protection against a number of serious respiratory viruses circulating this fall and winter. To protect yourself and your family, get up to date on your vaccines, including the annual flu shot, as well as the updated COVID-19 vaccine for everyone 6 months and older. Vaccines are also available to protect older adults from severe RSV. New tools to protect infants during RSV season include maternal vaccination as well as the monoclonal antibody immunization.

If you have questions, speak with your physician and review trusted resources, including getvaccineanswers.org.

2. Watch what you eat this holiday season. Pay particular attention to labels and avoid processed foods as much as you can, especially those with added sodium and sugar. Drink water instead of sugar-sweetened beverages, and eat nutritious, whole foods like fresh fruits and vegetables alongside richer holiday fare.

3. If you're consuming alcohol, drink only in moderation. The U.S. Dietary Guidelines for Americans defines that as up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

4. Make time to exercise during this busy time of year. A good rule of thumb for adults is at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity. Brisk walks, or even a family trip to the gym, can provide easy and fun ways to get off the couch and elevate your heart rate over the holiday season. If you're traveling, don't forget to pack your sneakers!

5. Factors like holiday spending and navigating time with extended family can bring on extra seasonal stress. Invest in your mental health and manage stress by getting sufficient sleep, exercising and seeking help from a mental health professional when you need it.

6. Make smart choices and plan ahead if you're driving. In December 2021 alone, 1,013 Americans died in alcohol-impaired-driving crashes. Do not under any circumstances drive if you intend to drink. And if you are the designated driver, make a 100% commitment to sobriety.

7. Get your New Year's resolutions started early. Speak with your doctor or health care professional about quitting tobacco and nicotine use, and declare your home and car smoke-free to eliminate secondhand smoke exposure.

"Amid the holiday cheer, don't neglect your health and safety. By eating well, exercising, and taking necessary steps to stop the spread of respiratory viruses, you can help protect yourself against common seasonal health risks," say Dr. Ehrenfeld.

Consejos de los médicos para mantenerse saludable durante la temporada navideña

(StatePoint) La temporada navideña es un momento feliz para volver a conectarse con la familia y los seres queridos, pero también conlleva riesgos únicos para la salud y la seguridad, según los médicos, quienes recomiendan un poco de vigilancia adicional para protegerse a usted y a sus seres queridos.

"Durante la agitada temporada navideña, puede resultar difícil encontrar tiempo para centrarse en su bienestar. La concienciación, junto con la adopción de algunos hábitos saludables, puede ayudarle a usted y a su familia a disfrutar de esta época especial del año con la mejor salud", dice el presidente de la Asociación Médica Estadounidense (AMA), Jesse M. Ehrenfeld, M.D., M.P.H.

Para una temporada feliz y saludable, siga estos consejos y recomendaciones de la AMA:

1. La vacunación es la mejor protección contra una serie de virus respiratorios graves que circulan este otoño e invierno. Para protegerse a usted y a su familia, póngase al día con sus vacunas, incluida la vacuna anual contra la gripe, así como la vacuna COVID-19 actualizada para todas las personas de 6 meses en adelante. También hay vacunas disponibles para proteger a los adultos mayores del VRS grave. Las nuevas herramientas para proteger a los bebés durante la temporada del VRS incluyen la vacunación materna y la inmunización con anticuerpos monoclonales.

Si tiene preguntas, hable con su médico y consulte recursos confiables, incluido getvaccineanswers.org.

2. Cuida lo que comes en estas fiestas. Preste especial atención a las etiquetas y evite en la medida de lo posible los alimentos procesados, especialmente aquellos con sodio y azúcar añadidos. Beba agua en lugar de bebidas azucaradas y coma alimentos integrales y nutritivos, como frutas y verduras frescas, junto con platos festivos más ricos.

3. Si consume alcohol, bébalo sólo con moderación. Las Pautas dietéticas para estadounidenses de EE. UU. lo definen como hasta una bebida por día para las mujeres y dos bebidas por día para los hombres, y solo para adultos que tengan la edad legal para beber.

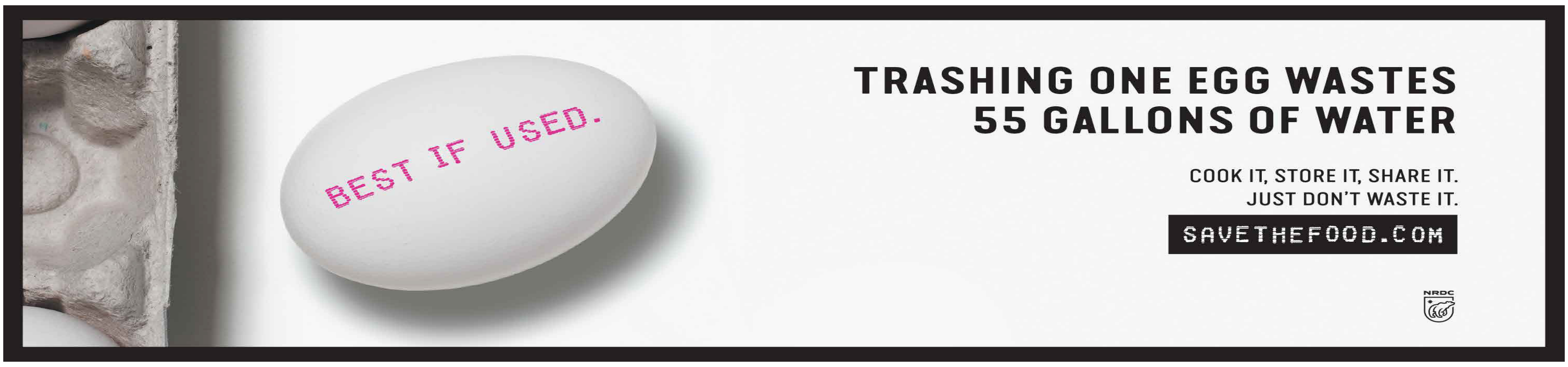
4. Tómese tiempo para hacer ejercicio durante esta época tan ocupada del año. Una buena regla general para los adultos es realizar al menos 150 minutos a la semana de actividad de intensidad moderada o 75 minutos a la semana de actividad de intensidad vigorosa. Las caminatas rápidas, o incluso una visita familiar al gimnasio, pueden brindar formas fáciles y divertidas de levantarse del sofá y elevar su ritmo cardíaco durante la temporada navideña. Si viajas, ¡no olvides empacar tus zapatillas!

5. Factores como pasar las vacaciones y pasar tiempo con la familia extensa pueden generar estrés estacional adicional. Invierta en su salud mental y controle el estrés durmiendo lo suficiente, haciendo ejercicio y buscando ayuda de un profesional de la salud mental cuando la necesite.

6. Tome decisiones inteligentes y planifique con anticipación si conduce. Solo en diciembre de 2021, 1.013 estadounidenses murieron en accidentes por conducir bajo los efectos del alcohol. Bajo ninguna circunstancia conduzca si tiene intención de beber. Y si usted es el conductor designado, comprométase al 100% con la sobriedad.

7. Comience temprano sus propósitos de Año Nuevo. Hable con su médico o profesional de la salud sobre cómo dejar el tabaco y el uso de nicotina, y declare su casa y su automóvil libres de humo para eliminar la exposición al humo de segunda mano.

"En medio de la alegría navideña, no descuide su salud y seguridad. Al comer bien, hacer ejercicio y tomar las medidas necesarias para detener la propagación de virus respiratorios, puede ayudar a protegerse contra los riesgos estacionales comunes para la salud", dice el Dr. Ehrenfeld.



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Gracias a nuestra inversión en programas y recursos líderes en la industria y al compromiso de ayudar a nuestros compañeros a alcanzar sus metas personales y profesionales, recibimos el premio Grand Stevie Award como Organización del Año. Estoy orgulloso de este reconocimiento, muy orgulloso de nuestros empleados y especialmente orgulloso de ser parte de esta comunidad a la que todos servimos.

Matt

Matt Elliott
Presidente de Bank of America en Detroit

Conozca más en **bankofamerica.com/detroit** (solo se ofrece en inglés).

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